

September 16, 2003

RECEIVED
9/23/03
KT

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

RE: Public Comments on the Food Pyramid Guide

Dear Sir/Madam:

Thank you for seeking public opinion on the Food Pyramid. As the dietary model behind federal food programs, including the National School Lunch Program, the Pyramid needs to evolve with nutrition science.

When the Dietary Guidelines Advisory Committee convenes to review current policy, I hope they will emphasize the Vegetarian/Vegan Six Food Groups: Whole Grains and Starches, Legumes, Green and Yellow Vegetables, Nuts and Seeds, Fruits, Vitamin and Mineral Foods.

Present guidelines advise two to three daily servings of dairy products along with meat as a main protein source. While this plan successfully promotes the meat and dairy industries, it ignores numerous studies linking saturated fat and cholesterol in meat, eggs, and dairy products with heart disease, cancer and stroke--the top three killers in the U.S.

Dairy products alone are associated with obesity, high blood pressure, juvenile onset diabetes, prostate and breast cancers, allergies, nasal congestion and ear infections, according to the American Heart Association.

One of two Americans will die from heart disease. The excess saturated fat (mostly from animals) and cholesterol (entirely from animals) will be the cause in most cases. The American Dietetic Association claims that vegetarian diets reduce the risk for coronary artery disease, hypertension, diabetes mellitus, colorectal cancer, lung cancer, kidney disease, and obesity.

Children, in particular, deserve alternatives to the fatty fare on school lunch lines. In a 1999 American Heart Association Scientific Sessions report, one in six teenagers' hearts showed significant blockage and the arteries of five-year-olds were clogged with fatty patches. Veggie burgers, soy cold cuts and soy milks are great substitutes for corn dogs, pizzas and milkshakes.

The FDA links contaminated meat goods with six and a half million cases of food poisoning and six thousand deaths every year. Animal-based meals contain residues of growth-inducing hormones and antibiotics. In fact, antibiotic abuse on factory farms has led to what the scientific community labels Super-Bugs-Bacteria. SBB are resistant to current antibiotic therapies.

0 Toole
1 OF 2

The Vegetarian/Vegan Six include all the essential carbohydrates, fats, protein, vitamins, minerals and water necessary for a balanced and healthy diet. They also prevent disease and obesity. Please revise the Food Guide Pyramid to reflect vegetarian sources of protein, calcium and other vital nutrients.

Thank you,

Lynn O'Toole
Lynn O'Toole

Walnut Grove, MO

O'Toole

2 OF 2

RECEIVED
9/15/03
RT

September 15, 2003

Eric J. Hentges, Executive Director
Center for Nutrition Policy and Promotion
Food Guide Pyramid Reassessment Team
USDA CNPP
3101 Park Center Drive, Room 1034
Alexandria VA 22302

Dear Mr. Hentges:

RE: Proposed Daily Food Intake Patterns for Food Guide Pyramid


As a (grower/handler) and member of the California walnut industry, I am writing to express concern in regard to the Proposed Daily Food Intake Patterns for Food Guide Pyramid. As the government modifies the food guide pyramid, we are pleased that the revision suggests daily intake amounts of essential alpha-linolenic acid (ALA), however food sources noted of this essential fatty acid are misleading and incomplete. I realize that the main food sources of ALA in the American diet based on national surveys are canola oils and soft margarines, but as American consumers begin to think about changing their personal dietary choices, they may want to know more about walnuts. Walnuts are unique as one of the only whole food sources of ALA – often thought, as mentioned, to be only in canola oil and canola based soft margarines. In addition, walnuts are also lower in calories and saturated fat than canola oil plus offer protein, fiber and other nutrients. In fact as you know, the Food and Drug Administration (FDA) affirmed the health claim, "Supportive but not conclusive research shows that eating 1.5 ounces per day of walnuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content." This FDA decision comes in response to a petition filed by the California Walnut Commission, which highlights a body of international scientific research substantiating the specific benefit of consuming walnuts as part of a heart healthy diet in reducing the risk of heart disease. The body of evidence suggests that the nutritional composition of walnuts contribute to these heart health benefits.

Clearly, further steps need to be taken to place greater emphasis on utilizing walnuts as a rich source of ALA. As a (grower/handler) who employs (50) of workers directly, I hope the USDA will join the U.S. Food and Drug Administration, the Food Nutrition Board of the National Academy of Sciences and other recognized agencies such as the American Heart Association in acknowledging the health benefits derived from the ALA in walnuts as they make their revisions to the Food Guide Pyramid.

I urge you to please consider this recommendation.

Thank you for your efforts!

Sincerely,


Les Heringer, Jr.

Chico, CA.

Heringer
10F1

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

RECEIVED
9/25/03
RT

RE: Public Comments on the Food Pyramid Guide

Thank you for seeking public opinion on the Food Pyramid. As the dietary model behind federal food programs, including the National School Lunch Program, the Pyramid needs to evolve with nutrition science.

When the Dietary Guidelines Advisory Committee convenes to review current policy, I hope they will emphasize the Vegetarian/Vegan Six Food Groups: Whole Grains and Starches, Legumes, Green and Yellow Vegetables, Nuts and Seeds, Fruits, Vitamin and Mineral Foods.

Present guidelines advise two to three daily servings of dairy products along with meat as a main protein source. While this plan successfully promotes the meat and dairy industries, it ignores numerous studies linking saturated fat and cholesterol in meat, eggs, and dairy products with heart disease, cancer and stroke--the top three killers in the U.S.

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Children, in particular, deserve alternatives to the fatty fare on school lunch lines. In a 1999 American Heart Association Scientific Sessions report, one in six teenagers' hearts showed significant blockage and the arteries of five-year-olds were clogged with fatty patches. Veggie burgers, soy cold cuts and soy milks are great substitutes for corn dogs, pizzas and milkshakes.

The FDA links contaminated meat goods with six and a half million cases of food poisoning and six thousand deaths every year. Animal-based meals contain residues of growth-inducing hormones and antibiotics. In fact, antibiotic abuse on factory farms has led to what the scientific community labels Super-Bugs-Bacteria. SBB are resistant to current antibiotic therapies.

The Vegetarian/Vegan Six include all the essential carbohydrates, fats, protein, vitamins, minerals and water necessary for a balanced and healthy diet. They also prevent disease and obesity. Please revise the Food Guide Pyramid to reflect vegetarian sources of protein, calcium and other vital nutrients.

Thank you,

Melissa Dubman
Brook Dubman

Dubman
1 OF 1

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

RECEIVED
9/18/03
RJ

RE: Public Comments on the Food Pyramid Guide

Thank you for seeking public opinion on the Food Guide Pyramid. As the dietary model behind federal food programs, including the National School Lunch Program, the Pyramid needs to evolve with nutrition science.

When the Dietary Guidelines Advisory Committee convenes to review current policy, I hope they will emphasize the Vegetarian/Vegan Six Food Groups: Whole Grains and Starches, Legumes, Green and Yellow Vegetables, Nuts and Seeds, Fruits, Vitamin and Mineral Foods.

The present Pyramid advises two to three daily servings of dairy products along with meat as a main protein source. While this plan successfully promotes the meat and dairy industries, it ignores numerous studies linking saturated fat and cholesterol in meat, eggs, and dairy products with heart disease, cancer and stroke--the top three killers in the U.S.

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Thank you,

Brenda Shoss 9/18/03

Brenda Shoss

Saint Louis, MO

Shoss
1 OF 1

RECEIVED
9/17/03

9-17-03

SEE OVER →

USDA Center for Nutrition Policy
3101 Park Center Drive
Room 1034
Alexandria, Va 22302

Re: SODIUM in American Diet.
~~in relation to your NEW~~
pyramid or plate -

Sir:

Van Horn
1 OF 2

As a woman nearing 50 who has spent a
lifetime reading labels and omitting almost
all salt from my diet because of
severe fluid retention (Lymphedema), please permit
me to BEG you to take a long hard
look at how much salt is being
put into EVERY conceivable canned
OR processed food. I can label of (just)
Pigeon Soup, states that 1 serving of
their clam chowder contains 880 grams
salt! That's just 1 product. Please
send your staff to the grocery store
to look at ALL these processed
foods! Nobody needs to put salt in
applesauce! But they do, in the new
sweetened variety!! Lemon juice is a
better choice, if they have to increase
the acidity for safe preservation!

Thanks - Please Respond!

(over)

[illegible]

24

Let me state my signature J.C.W.

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Rice, 1.34

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I think I want what you suggest
I will make a deal with you
I will give you my car
I will give you my house
I will give you my money

1. The first part of the paper is a review of the literature on the topic. It discusses the various methods used to study the effects of stress on the immune system, and the results of these studies. It also discusses the role of the immune system in the development of disease, and the potential for stress to affect the immune system.

Tos Farms, Inc.

Hanford, California
Phone:

RECEIVED
09/23/03
KI

September 17, 2003

Eric J. Hentges, Executive Director
Center for Nutrition Policy and Promotion
Food Guide Pyramid Reassessment team
USDA CNPP
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

Dear Mr. Hentges:

RE: Proposed Daily Food Intake Patterns for Food Guide Pyramid

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Clearly, further steps need to be taken to place greater emphasis on utilizing walnuts as a rich source of ALA. As a grower who employs several hundred workers directly and indirectly, I hope the USDA will join the U.S. Food and Drug Administration, the Food Nutrition Board of the National Academy of Sciences and other recognized agencies such as the American Heart Association in acknowledging the health benefits derived from the ALA in walnuts as they make their revisions to the Food Guide Pyramid.

I urge you to please consider this recommendation.

Thank you for your efforts!

Sincerely,

Bill Tos, Jr.

Bill Tos, Jr.

TOS / OF

MS. Y.D. JORDAN
MONTCLAIR, NJ 1

RECEIVED
9/17/03
KJ

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

September 18, 2003

RE: Public Comments on the Food Pyramid Guide

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The FDA links contaminated meat goods with six and a half million cases of food poisoning and six thousand deaths every year. Animal-based meals contain residues of growth-inducing hormones and antibiotics. In fact,

Jordan
1 of 2

-page 2-

antibiotic abuse on factory farms has led to what the scientific community labels Super-Bugs-Bacteria. SBB are resistant to current antibiotic therapies.

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Thank you,

Jordan

Jordan 2 of 2

September 17, 2003

Eric J. Hentges, Executive Director
Center for Nutrition Policy and Promotion
Food Guide Pyramid Reassessment Team
USDA CNPP
3101 Park Center Drive, Room 1034
Alexandria VA 22302

RECEIVED
9/23/03
KJ

Dear Mr. Hentges:

RE: Proposed Daily Food Intake Patterns for Food Guide Pyramid

As a grower and member of the California walnut industry, I am interested on your work on the Proposed Daily Food Intake Patterns for Food Guide Pyramid. Increasingly, up to date scientific evidence has shown that walnuts are an excellent source of ALA in addition to the benefit of being a nutritious and tasty food in its whole and ingredient form. Clearly, further steps need to be taken to place greater emphasis to the consumer on utilizing walnuts as a rich source of ALA. As a growers with 90 acres of walnuts, and as a member s of Diamond of California, a farmer owned marketing cooperative of walnut growers, we urge the USDA to join the U.S. Food and Drug Administration, the Food Nutrition Board of the National Academy of Sciences and other recognized agencies such as the American Heart Association in acknowledging the health benefits derived from the ALA in walnuts as they make their revisions to the Food Guide Pyramid.

Please consider this recommendation as you make important decisions that will impact the future health and well being of the citizens of our country.

Thank you for your efforts!

Sincerely,

Allen L. Hackett
Nancy E. Hackett
Allen and Nancy Hackett

Chico, CA

Hackett
(OF)

Allen L. Hackett
Nancy E. Hackett

Chico, CA

(fax)



RECEIVED
9/15/03
KJ

September 15, 2003

Eric J. Hentges, Executive Director
Center for Nutrition Policy and Promotion
Food Guide Pyramid Reassessment Team
USDA CNPP
3101 Park Center Drive, Room 1034
Alexandria VA 22302

Dear Mr. Hentges:

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Clearly, further steps need to be taken to place greater emphasis on utilizing walnuts as a rich source of ALA. As a grower and handler who employs approximately 250 workers directly and indirectly, I hope the USDA will join the U.S. Food and Drug Administration, the Food Nutrition Board of the National Academy of Sciences and other recognized agencies such as the American Heart Association in acknowledging the health benefits derived from the ALA in walnuts as they make their revisions to the Food Guide Pyramid.

I urge you to please consider this recommendation.

Thank you for your efforts!

Sincerely,

Vicki Lapera
Crain Walnut Shelling, Inc.

Lapera
10P-1

Crain Walnut Shelling, Inc.

• Los Molinos,

Ph

• Fax

• Email

September 19, 2003

RECEIVED
9/23/03
KT

Eric J. Hentges, Executive Director
Center for Nutrition Policy and Promotion
Food Guide Pyramid Reassessment Team
USDA CNPP
3101 Park Center Drive, Room 1034
Alexandria VA 22302

Dear Mr. Hentges:

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I urge you to please consider this recommendation.

Thank you for your efforts!

Sincerely,



Eric Nelson

Rio Oso, CA

Nelson
1 of 1